



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09006, Apples, raw, without skin, cooked, microwave

Report Date: July 01, 2017 12:33 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 170g
Proximates					
Water	g	84.63	6	0.115	143.87
Energy	kcal	56	--	--	95
Energy	kJ	234	--	--	398
Protein	g	0.28	6	0.022	0.48
Total lipid (fat)	g	0.42	6	0.067	0.71
Ash	g	0.26	6	0.005	0.44
Carbohydrate, by difference	g	14.41	--	--	24.50
Fiber, total dietary	g	2.8	--	--	4.8
Sugars, total	g	11.61	--	--	19.74
Minerals					
Calcium, Ca	mg	5	6	0.386	8
Iron, Fe	mg	0.17	6	0.014	0.29
Magnesium, Mg	mg	3	6	0.399	5
Phosphorus, P	mg	8	6	0.531	14
Potassium, K	mg	93	6	2.222	158
Sodium, Na	mg	1	6	0.218	2
Zinc, Zn	mg	0.04	6	0.009	0.07
Copper, Cu	mg	0.046	6	0.005	0.078
Manganese, Mn	mg	0.142	6	0.021	0.241
Selenium, Se	μg	0.3	--	--	0.5
Vitamins					
Vitamin C, total ascorbic acid	mg	0.3	6	0.041	0.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 170g
Thiamin	mg	0.017	6	0.000	0.029
Riboflavin	mg	0.011	6	0.001	0.019
Niacin	mg	0.061	6	0.017	0.104
Pantothenic acid	mg	0.046	6	0.004	0.078
Vitamin B-6	mg	0.046	6	0.004	0.078
Folate, total	µg	1	6	0.051	2
Folic acid	µg	0	--	--	0
Folate, food	µg	1	6	0.051	2
Folate, DFE	µg	1	--	--	2
Choline, total	mg	3.4	--	--	5.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	6	0.535	3
Retinol	µg	0	--	--	0
Carotene, beta	µg	17	--	--	29
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	13	--	--	22
Vitamin A, IU	IU	40	6	10.694	68
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	21	--	--	36
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	0.09
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.7	--	--	1.2
Lipids					
Fatty acids, total saturated	g	0.068	--	--	0.116
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.002
14:0	g	0.002	--	--	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 170g
16:0	g	0.056	--	--	0.095
18:0	g	0.009	--	--	0.015
Fatty acids, total monounsaturated	g	0.017	--	--	0.029
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.016	--	--	0.027
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.122	--	--	0.207
18:2 undifferentiated	g	0.101	--	--	0.172
18:3 undifferentiated	g	0.021	--	--	0.036
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.003	--	--	0.005
Threonine	g	0.010	--	--	0.017
Isoleucine	g	0.011	--	--	0.019
Leucine	g	0.017	--	--	0.029
Lysine	g	0.018	--	--	0.031
Methionine	g	0.003	--	--	0.005
Cystine	g	0.004	--	--	0.007
Phenylalanine	g	0.008	--	--	0.014
Tyrosine	g	0.005	--	--	0.009
Valine	g	0.013	--	--	0.022
Arginine	g	0.009	--	--	0.015
Histidine	g	0.004	--	--	0.007
Alanine	g	0.010	--	--	0.017
Aspartic acid	g	0.049	--	--	0.083
Glutamic acid	g	0.029	--	--	0.049

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 170g
Glycine	g	0.011	--	--	0.019
Proline	g	0.010	--	--	0.017
Serine	g	0.011	--	--	0.019
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0